

SPECIAL
OFFER

FREE USE OF THE FITNESS CENTERS



The City of Miami Beach Parks and Recreation Department promotes improving the overall health and wellness of the City.

Throughout the month of July, Miami Beach residents have access to the Scott Rakow Youth Center and North Shore Park Youth Center fitness centers for free.

Please visit miamibeachparks.com for fitness center hours.



Beginning July 1, register at the center's front desk.



Congrats
PARKS AND
RECREATION

The City of Miami Beach was honored as a 2015 Playful City USA community for their efforts to focus on play and create kid-friendly, family-friendly communities.

Playful City USA is a national recognition program sponsored by the Humana Foundation, honoring cities and towns that champion efforts to make play a priority through establishing policy initiatives, infrastructure investments and innovative programming.



JULY 2015
**PARK &
RECREATION
MONTH**
CELEBRATING
SINCE 1985

MIAMI BEACH

Let's Get Physical with Parks & Recreation

ABOUT PARKS & RECREATION MONTH



This July, the National Recreation and Park Association (NRPA) is celebrating 30 years of the enduring importance of parks and recreation for the world.

From the start, parks were created to serve the people, give them a place to appreciate nature, exercise, socialize and have fun. This mission lives on and will continue to intensify into the future.

The City of Miami Beach is joining in on the celebration and recognizing its many years of fun & recreation. This July, let's celebrate the past, present and future of parks and recreation.

GET CONNECTED

The official City of Miami Beach Parks and Recreation month hashtag is #MBPARKS. Use it to let us know how you are celebrating Parks and Recreation month.

Remember to follow City of Miami Beach on Facebook and Twitter (@MiamiBeachNews) for updates and Parks and Recreation fun facts throughout the month of July.

80s PARTY



DOGGIE LUAU

July 12 • 10 AM – 1 PM
Washington Dog Park
201 2 Street

Splash away at the Miami Beach Parks and Recreation Doggie Luau. Luau costume contests and best trick contest will be offered for both you and your pooch. Come and enjoy a day of music, a photo booth, giveaways, a splash pad, doggie pool and more.

THE AMAZING REC TREK

July 26 • 1 – 3 PM (race)
Team check-in: Noon
Scott Rakow Youth Center
2700 Sheridan Avenue

The City of Miami Beach Parks and Recreation Department challenges you to participate in the Amazing Rec Trek. Receive instructions at the Scott Rakow Youth Center and make your way to each stop and complete different recreation challenges to move forward. Top teams will win prizes. Challenges will take place at our mid and south beach parks. To download your team registration form, visit miamibeachparks.com. Form must be turned into the Scott Rakow Youth Center front desk by July 22.

Space is limited. Pre-Registration is required by July 22. Teams of 2-8 members only and team members must be 18 years or older to participate. Scott Rakow Youth Center will be offering care for children of families participating in the event.



'80s SENIOR KARAOKE

July 28 • 6:30 – 8 PM
North Shore Park Youth Center
501 72 Street

Come relive the '80s and rock-out with the Miami Beach Parks and Recreation Department at North Shore Park Youth Center. Feast on Paella provided by One Miami Beach, Inc. Participate in a costume contest and sing karaoke with DJ Michael B. Space is limited. RSVP at 305.861.3616 by Friday, July 17.



FLASH BACK TO THE '80s ZUMBATHON

July 30 • 6:30 PM – 8 PM
North Shore Bandshell
7275 Collins Avenue

Moonwalk, the worm, electric slide, who doesn't love a good dance move? Join zumba instructor Fernando from the City's zumba program for a Zumbathon '80s style at North Shore Bandshell. Dress in your '80s wear and zumba along to some of the '80s and today's greatest hits. All ages are welcome.

